

Finding Folic Acid on Food Labels

Nutrition Facts

Serving Size 1 Cup (30g/1.1oz.)
Servings per container 11

Amount Per Serving	Cereal	Cereal with 1/2 Cup Skim Milk
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Calories	110	150
Calories from Fat	0	0

% Daily Values**

Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	35%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	25%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	25%	30%
Copper	6%	8%



*Folic Acid...
Make It
a Habit.*

*I know folic acid is
important for my
good health.*

To get more folic acid
every day, I will ...

- ☐ Take a multivitamin with 400 mcg folic acid.
- ☐ Read labels.
- ☐ Eat breakfast cereals with 400mcg of folic acid per serving.
- ☐ Increase consumption of foods fortified with folic acid in addition to eating food folate from a varied diet.
- ☐ Choose fruits instead of coffee, tea or soda.

SIMPLE RULE:
*All women need
folic acid.*

**Why Every
Woman Needs
FOLIC ACID**



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What is folic acid?

- ◆ Folic acid is a B vitamin that is often lacking in women's diets.
- ◆ Folic acid and folate are different terms for the same B vitamin.

Why do you need folic acid?

- ◆ Folic acid can help prevent 50 to 70% of neural tube defects, a type of birth defect (NTDs).
- ◆ NTDs occur very early in pregnancy and affect development of a baby's brain and spine.
- ◆ Folic acid is necessary for proper cell growth and development of the baby.

When do you need to take folic acid?

- ◆ To prevent NTDs, a woman must take folic acid daily before she gets pregnant and continue taking it through the first three months of pregnancy.
- ◆ Any woman able to get pregnant should take folic acid.



How much folic acid do you need?

- ◆ You need 400 micrograms (mcg) every day.

How can you get enough folic acid?

- ◆ The easiest way is to take a multivitamin with 400mcg of folic acid.
- ◆ You can also choose foods that are high in folic acid, but most people have a hard time eating enough foods **each day** to get the recommended amount of folic acid.

Choose Foods Rich in Folic Acid

- ◆ **Breakfast cereals** - Select those with at least 25% of the recommended daily amount of folic acid. (some cereals are fortified at the 100% level.)
- ◆ **Fortified/enriched grain products** - including breads, pasta, grits, cereals, and rice
- ◆ **Dried beans and peas** - canned or dry
- ◆ **Juices** - orange, pineapple, tomato
- ◆ **Fruits** - oranges, cantaloupe, honeydew melon, avocado
- ◆ **Vegetables** - green leafy vegetables such as spinach, turnip greens, and collard greens; broccoli; Brussels sprouts; lima beans; Romaine lettuce; and asparagus
- ◆ **Liver**
- ◆ **Nuts and Peanut butter**

